

Powerful Tools FOR Caregivers

Caregivers provide so much to others as they care for a loved one such as a spouse, parent, neighbor, aunt or anyone. Powerful Tools is about how caregivers can care for themselves too.

Explore how to reduce stress, guilt, anger and depression. Improve your decision making, time management, and communication skills, while improving your SELF CARE.

This 6 week program is being offered FREE by the Aging and Disability Resource Center of Central Wisconsin (ADRC-CW).

Registration is required. This program is not intended for professional caregivers.

Mondays
October 7 - November 11
2024
1:00 - 2:45 pm
at
Wausau ADRC office
2600 Stewart Avenue
Wausau

Call the ADRC to register.
{Donations are Welcome
to cover cost of class
materials}

